



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

"As one person I cannot change the world, but I can change the world of one person." –Paul Shane Spear

Caregiver Tip:

Adults 65 years and older are more prone to heat related illnesses, such as heat exhaustion or heat stroke, according to the Center for Disease Control and Prevention. Older adults do not adjust well to sudden changes in temperature, have chronic medical conditions that changes the body's reaction to heat, and are more likely to take medications that prevent perspiration or interfere with the body's ability to control temperature.

Protect your loved ones from extreme heat:

- Increase intake of cool beverages for hydration but avoid extremely cold fluids to prevent cramps.
- Avoid strenuous activities and encourage plenty of rest.
- Remain indoors during hot weather and seek air conditioning in a public place if you don't have it at home. For a list of cooling centers in Alexandria, visit: <http://www.vaemergency.gov/news/news-releases/>
- When going outdoors, wear lightweight clothing, a hat, and apply sunscreen.
- Take cool sponge baths, baths or showers.

Caregiver Support Group

Wednesday, August 7, 2013

4 - 5:30 p.m.

Alexandria Adult Day

Services Center

703.746.5676

Resources:

Medicare's Durable Medical Equipment Program

If you or your loved one has Medicare and needs medical equipment or supplies, Medicare has a program to help you save money and access quality medical equipment and supplies from a supplier you can trust.

For a listing of equipment and supplies included in this program, and a list of suppliers in your area, or more information, visit Medicare.gov/supplier. This web page provides a list of suppliers when you enter your zip code and select the needed equipment. You may also call 1-800-MEDICARE (1-800-633-4227) to receive this information.

If you are renting equipment, please check whether your current supplier is on the list or contact them to determine if they are a supplier.

To remove your name from our mailing list, please email Jennifer.Sarisky@alexandriava.gov

Questions or comments? Email Jennifer.Sarisky@alexandriava.gov or call 703.746.6024.



A publication of the
City of Alexandria
Department of Community and Human Services
Division of Aging and Adult Services

August 2013